

Building a Culture of Life in Women's Health Care

A newsletter of the **Pope Paul VI Institute for the Study of Human Reproduction**

Volume 4, Number 1 | Spring 2013

From the Founder...

Welcome to the spring 2013 *Building a Culture of Life in Women's Health Care* newsletter! In 2012, one of the Institute happenings took me to Tacoma, Washington, where I presented FertilityCare and NaProTechnology to a group of physicians and lay people. The Creighton Model System and NaProTechnology were featured in my Grand Rounds presentation at Creighton University Medical Center and in a presentation at a Catholic healthcare conference in Oakland, California.

Dr. Kristina Pakiz, an associate medical consultant at the Institute, presented the Creighton Model System and NaProTechnology to seminarians attending the Institute for Priestly Formation. Our ethicist, Sr. Renee Mirkes, also had numerous exciting speaking engagements with medical professionals, clergy, and lay people around the country this past year.

The faculty and staff of the Pope Paul VI Institute offered our Education Program to almost 100 practitioner and medical consultant interns in Warsaw Poland in September 2012 and February 2013. These students came from 14 different countries in Europe as well as Africa and Asia. For physicians and their spouses who are working to build a culture of life in the medical profession, the Institute also hosted its second physician-couples retreat in February 2012 in Omaha to give them a time of spiritual renewal.

We are excitedly approaching the graduation of our current fellows, who will take NaProTechnology to different parts of the country. And, we anticipate welcoming our three new fellows this summer, thanks to the generous support of our faithful donors! I wish you many blessings and thanks!

Thomas W. Hilgers, MD
Director of the Pope Paul VI Institute



Dr. Hilgers in an interview in Warsaw, Poland; September 2012

MARK YOUR CALENDAR...

February 23, 2013

Catholic Medical Association Presentation
for Medical Students

Omaha, NE – Kristina A. Pakiz, MD

April 13-20, 2013

Education Phase II –
Omaha, NE

April 26-27, 2013

General Public and Clergy Seminars on
NaProTechnology

Kansas City, KS — Catherine E. Keefe, MD

August 7-10, 2013

AAFCP Annual Meeting

New Hope, New Life, New Orleans:

FertilityCare and NaProTechnology

New Orleans, LA — Thomas W. Hilgers, MD

DON'T FORGET...

Like us on FACEBOOK by visiting
www.popepaulvi.com today!

Visit www.drhilgers.com for the latest events!

Dignity in Life Award

Dr. Thomas W. Hilgers and his wife Sue received the Dignity in Life Award in December 2012. Bestowed on them by the John Paul II Life Center at their second annual benefit dinner, the Dignity in Life Award honors Dr. and Sue Hilgers for their pioneering work in developing NaProTechnology.

The John Paul II Life Center is leading the way in creating a Culture of Life in Central Texas. The inspiration for this non-profit Center, founded by the Honorable Tim and Pat Von Dohlen and their friends Chris and Sheri Danze, came from the teaching of Blessed John Paul II's teachings. It operates an obstetric and gynecologic medical practice in its Vitae Clinic under Dr. Jeremy Kalamarides, a

Creighton Model Medical Consultant ; it promotes life by offering sonograms to mothers facing unexpected pregnancies; and it provides education about chaste living, fertility care, religious freedom, and more.



Dr. Thomas W. and Sue Hilgers receiving the Dignity in Life Award from the Honorable Tim and Pat Von Dohlen

Living the Dream to be a NaPro Physician

Kristina Pakiz, MD, experiences a rewarding career as an obstetrician-gynecologist. This reward comes to her, not by whether she is able to drive the latest Ford, GM, or Honda offering, but in the lives of the women and families that she touches.

Dr. Pakiz first knew that she wanted to become a doctor when she was in grade seven. That was when her class studied life science. Her journey toward her medical career began with the developing fascination that she had with learning about the anatomy and physiology of the human body. Along the way, Dr. Pakiz received the encouragement of some of her instructors, notably an anatomy teacher from Plattsmouth High School – Mr. Don Freeburg. He encouraged his students to consider medical careers after he himself was discouraged from doing so because he would have been an “older student” at the time.

“In college, I questioned it,” said Pakiz, referring to her desire to become a physician. “I did not want to become a doctor just because it was what I had always thought.” So, she began volunteering in medically related areas and shadowing physicians.

As part of a college Bible study, Pakiz was exposed to the book *Physicians Healed*, edited by Cleta Hartmann. Through this book, Dr. Pakiz learned about the Pope Paul VI Institute and, the summer after her graduation, she worked there as a research assistant. It was during this time, steeped in Catholic medicine, that Dr. Thomas W. Hilgers became her mentor. “I had never even considered being an OB,” said Pakiz, “because I did not know how I could do without prescribing the pill.”

With a firm resolution, she encountered her next major challenge. “You must do well on a standardized exam to enter medical school,” said Pakiz. Despite the hurdle of the MCAT and the anxiety of getting into medical school, Pakiz was accepted to the University of Nebraska Medical Center.

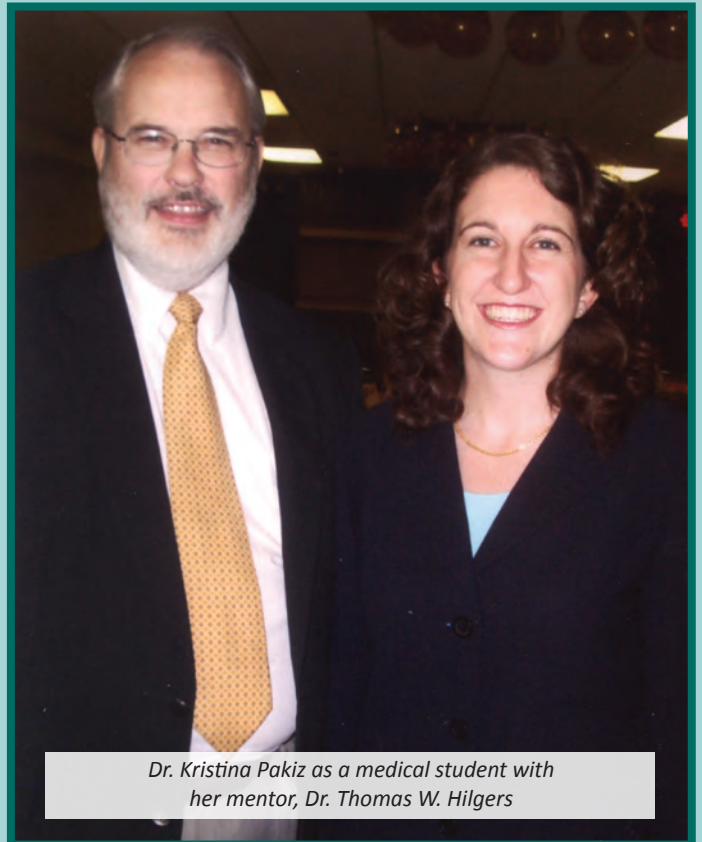
Medical school was also a challenge to Dr. Pakiz’ convictions. “There was an attitude that pro-life students should go into non-controversial fields like

ophthalmology,” she said. “On rotations I had to be careful about the openness of my view points. Interestingly, in one class, we had small group discussions on ethical issues. The doctor leading the group was so liberal that she embraced my views because I was so different.”

“I think the most unique aspect about what we do is our approach to diagnosis and treatment, which looks for the root cause as opposed to treating symptoms. We also use the Creighton Model chart to get a deeper insight in our patients’ health.”

“Our initial evaluations are usually much longer than their previous experiences with other physicians,” said Pakiz. “And, our patients say that we are much more thorough in taking their history, too.”

But, her hard work pays off when she helps couples to achieve pregnancy and when she helps single women to become pain-free and resume normal lives with restored health. Those are her “rewards” as a NaPro physician.



Dr. Kristina Pakiz as a medical student with her mentor, Dr. Thomas W. Hilgers

If not the Creighton Model,... I'm not sure I would have been able to carry my three boys.

I started charting with the Creighton Model before we got married. We learned other methods prior, but it was not until learning the Creighton Model that I felt confident in understanding my fertility.

When I was expecting my first boy, the Creighton Model predicted decreased progesterone. At the recommendation of the Pope Paul VI Institute, I immediately had my progesterone levels checked and they came out normal. Two weeks later the progesterone dipped so low that I was put on Progesterone to prevent a miscarriage. I continued on Progesterone until 37 weeks for each pregnancy.

Amy, her husband, and their two boys with one on the way



I remember someone saying that “you can see in the chart what you can’t see in the blood work”. No other methods could have predicted the progesterone fluctuations as well as the Creighton Model.

My husband and I are faithful supporters of Pope Paul VI Institute. We feel that the research and the science that Dr. Hilgers and his team perform is the future of reproductive medicine. Dr. Hilgers is the only doctor I know who addresses women’s health based on scientific evidence. Dr. Hilgers helps to treat the actual problems associated with infertility and women’s health without simply masking them with medication.

Thank you Dr. Hilgers and the Pope Paul VI Institute!

By: Amy

WAYS TO GIVE to the Pope Paul VI Institute

There are several ways you can make a gift in support of the Pope Paul VI Institute. Your tax-deductible gift will ensure that Pope Paul VI Institute continues its mission of Building a Culture of Life in Women’s Health Care.

GIFTS THROUGH YOUR WILL

Your will is the your most important legal document in your estate planning efforts. Good planning preserves assets so that they will be used according to your wishes, provide security for your loved ones, and achieve your charitable objectives. Bequests take various forms:

- **specific** — designates the Institute to receive a specific piece of property (example: “I bequeath to the Pope Paul VI Institute Omaha, Nebraska, all of my shares in ‘XYZ Mutual Fund’ to be used for its exempt purposes.”)
- **general** — designates the Institute to receive a specified dollar amount (example: “I bequeath to The Pope Paul VI Institute Omaha, Nebraska the sum of \$100,000 to be used for its exempt purposes.”)
- **residual** — designates all or a portion of the remainder after all debts, taxes, expenses and other bequests have been paid (example: “I bequeath to The Pope Paul VI Institute, Omaha, Nebraska, and fifty percent (50%) of the rest, residue and remainder of my estate to be used for its exempt purposes.”)
- **contingent** — takes effect only if the primary intention cannot be met, which ensures that property will pass to the Institute rather

than unintended beneficiaries, including the government (example: “If [NAME OF PRIMARY BENEFICIARY] does not survive me, then I bequeath to The Pope Paul VI Institute, Omaha, Nebraska, all the rest, residue and remainder of my estate to be used for its exempt purposes.”)

GIFTS THAT PROVIDE INCOME

Life-income gifts provide mutual benefits to both the giver and receiver. They allow you, the giver, to enjoy the benefits of an increased return on your investment income while also providing significant resources for the Pope Paul VI Institute or program of your choice. Life-income gifts include charitable gift annuity, deferred charitable gift annuity, or charitable remainder trust. Benefits of life-income gifts include the following:

- A stream of income for life, possibly to more than one beneficiary
- A charitable income-tax deduction in the year you make the gift
- A charitable estate-tax deduction for a portion of the gift
- A gift that will benefit Pope Paul VI Institute now and in the future

GIFTS OF STOCK OR OTHER PROPERTY

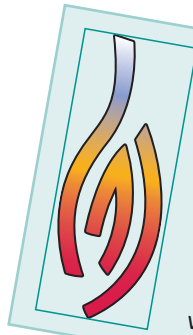
Gifts of appreciated securities are convenient and offer tax advantages including forgiveness of the tax on capital gain and an income tax charitable deduction for the fair market value of the securities. You also can make gifts of property such as real estate, life insurance, retirement accounts, works of art, jewelry, and other valued collections.

Educating Others in FertilityCare

Our sexuality is who we are as whole people—as men and women designed and created by God. FertilityCare allows for our sexuality to be properly balanced so that our total sexuality (not just the genital aspect) can grow and develop and enrich the whole person. FertilityCare, unlike contraception or fertility control, respects that potential and allows a couple to maintain their proper role as the chosen agents of God in His creation of new persons. FertilityCare truly allows us to appreciate more deeply our fertility as a gift from God.

As the 2013 year begins, 263 FertilityCare Centers are now affiliated with the FertilityCare Centers of America. These centers as well as the centers operating in Mexico and Costa Rica and in Europe, Africa, Australia, and Asia. These centers work hard to educate women and couples about caring for their fertility rather than “controlling” their fertility.

Physicians cannot practice or implement the medical



Love & Life Unlimited Conference

For priests, religious, lay professionals. A conference to ponder, promote, and proclaim the Catholic vision of reproductive health care. Topics include Creighton Model System & NaProTechnology, *Humanae Vitae*, *Donum Vitae*, *Evangelium Vitae*, Theology of the Body, & more!

For more information on the April 2013 conference, please visit www.popepaulvi.com.

strategies of NaProTechnology without the patient first learning how to chart her cycles using the Creighton Model System. Thus, the role of FertilityCare Practitioners and FertilityCare Centers is vital in this work.

The Pope Paul VI Institute now offers its education programs in Omaha, Nebraska and in Poland. These programs train lay professionals to be FertilityCare Practitioners or medical professionals to integrate NaProTechnology into the medical practice. For more information on the Pope Paul VI Institute education programs, please www.popepaulvi.com.



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